

<<泰国美食Thailand>>

图书基本信息

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内容概要

Thai cuisine is a wonderfully aromatic and harmonious mixture of flavours, colours and textures, and it is incredibly easy to cook. World Food: Thailand introduces you to the flavours and textures of Thailand and shows you how to bring them into your own kitchen and impress your family and friends. There is also background information on Thailand as a country, and the foods that make up its culinary history. Thailand is now one of the most popular holiday destinations for Westerners, and more and more cooks are experimenting with different dishes that originated in the country. Eating Thai food is an amazing experience - each flavour, be it hot, sweet or sour, can be tasted separately, leaving the mouth feeling clean and ready for more. Thai cooking is all about balance and harmony. In most people's opinion, the chilli is the most important ingredient, but there are many other essential elements that go towards creating these fabulous tastes. Coconut milk, lemon grass, galangal, lime leaves, palm sugar and fish sauce all go together to make a truly harmonious whole. The recipes throughout this book are simple, tasty and easy to cook. So, whether you are planning an elegant dinner party or an informal family supper, the delicate flavours of these Thai dishes will suit any occasion. There is also a broad selection of delicious Thai-inspired desserts to finish off that perfect banquet. World Food: Thailand is a fascinating journey through the culture and cuisine of one of the world's most fragrant destinations. 作者简介: Judy Williams is a food writer and stylist who has written recipes for a variety of magazines and books. She is particularly interested in Chinese, Indian and Thai cuisine, and in creating dishes that are fragrant, spicy and quick to cook. When Judy joined her daughters on a world trip last year, she was captivated by the foods of Thailand, from sizzling noodles to pancakes stuffed with bananas. On returning to England, she purchased an array of ingredients from a local Thai grocery shop, and began researching and testing the recipes found in this book. Judy now runs a hotel in Devon, Downreaf House, where the guests are regularly treated to sumptuous Thai feasts.

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书籍目录

Introduction Curry Paste Recipes In the Thai Kitchen Starters Corn Fritters Khao Ped Chup Pang Wontons Koeow Crisp Sesame Prawns Khung Ob Gha Tord Khob Omelette Rolls Kai Yud Sol Fish Cakes Thot Man Pla Chicken Satay Satay Gei Beef Stir-fry Pahd Nuea Crispy Spring Rolls Po Pia Thot Crispy Wrapped Prawns Khung Hau Tord khob Crab Parcels Pue Hao Lettuce Wraps Puk Hao Steamed Spring Rolls Po Pia NuagSoups Hot-and-Sour Soup Tom Yam Prawn Laksa Khung Sweetcorn and Crab Soup Tom Jood Pu Sai khow Pod Clear Soup with Mushrooms and Chicken Tom Jood Gai Sai Hed Seafood and Basil Soup Tom Jood Ta-La Sai Bai Hu La Pa Rice Noodles with Tofu Soup Guay Tiaw Too Hu Duck with Spring Onion Soup Ped KuO Ton Hom Pork with Rice and Egg Soup Khao PhatMu Sol Khai Spicy Beef and Noodle Soup Guay Tiaw Tom Yam Nuea Vegetable and Noodle Soup Guay Tiaw Nora Sai PukVegetarian Dishes Vegetable Parcels Puk Hao Stuffed Aubergines Makuea Yad Sai Sweet-and-sour Vegetables with Cashew Nuts Preow Won Puk Sai Tua Ob Mixed Mushroom Stir-fry Pud Hed Ruem Aubergine and Bean Curry Kaeng Ped Mo Khure Sai Tua Carrot and Pumpkin Curry Kaeng Ped Carrot Kub Phuk Onion, Potato and Red Pepper Curry Kaeng Ped Mun Fa Rung Sai Horn Yai, Phrik Yhuak Mixed Greens Curry Kaeng Khiao Won Ruam Tofu and Green Vegetable Curry Kaeng Khiao Won Too HuVegetarian Dishes(continued)Main MealsStir-fried MealsNoodles Et RiceNoodles Et Rice(continued)SaladsDessertsIndex

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